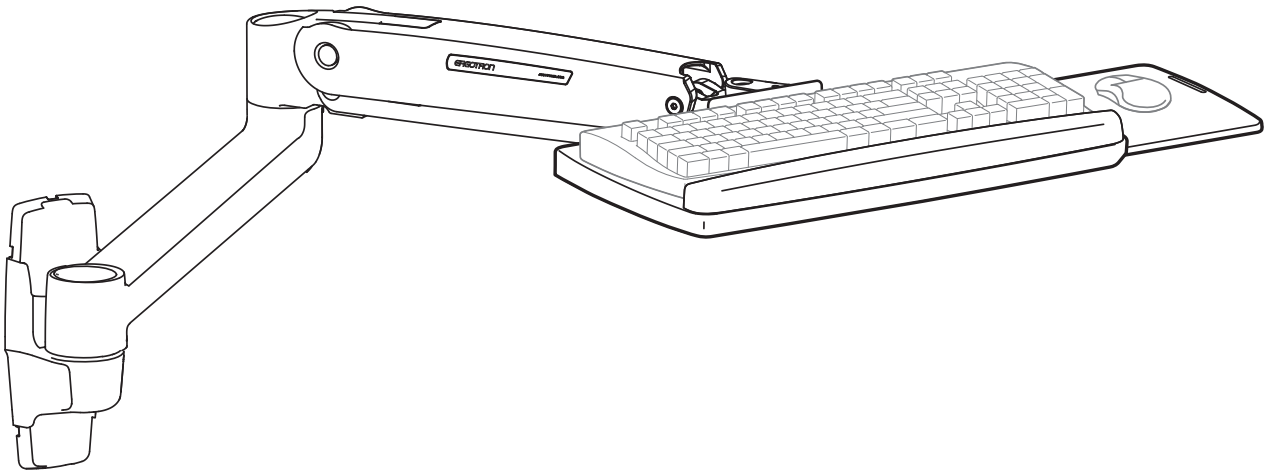
LX Sit-Stand Wall Mount Keyboard Arm



ENGLISH

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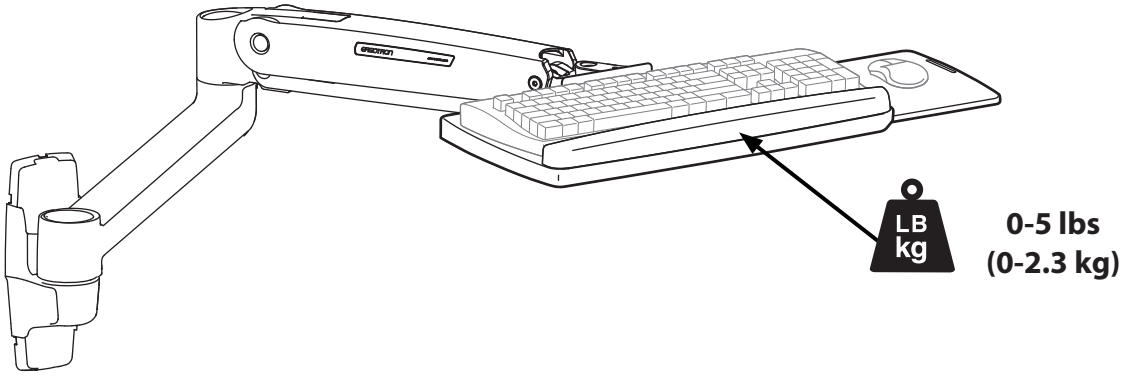

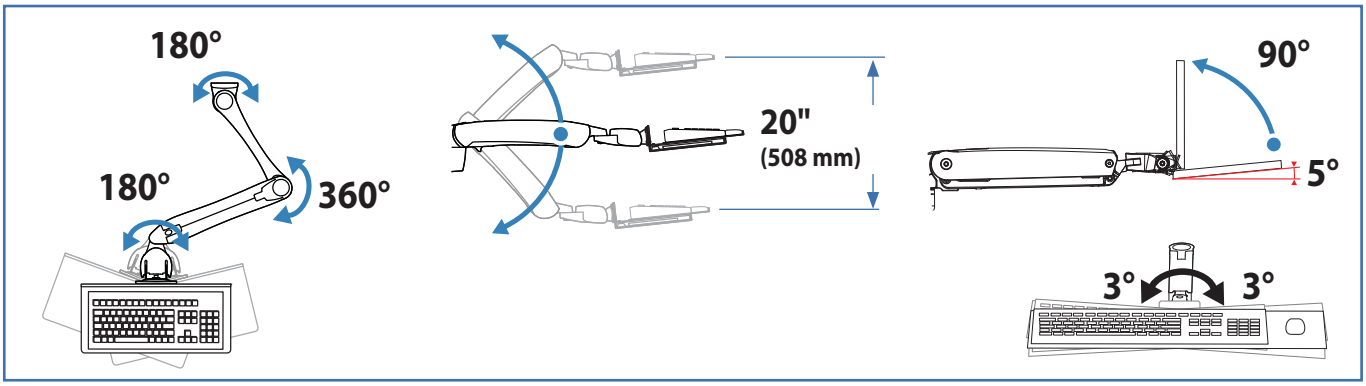

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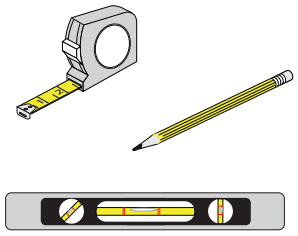
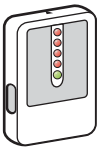
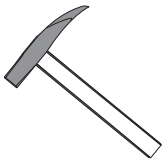
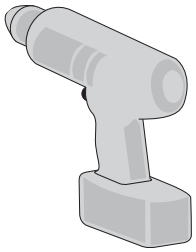
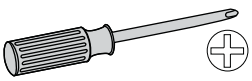
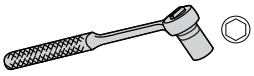
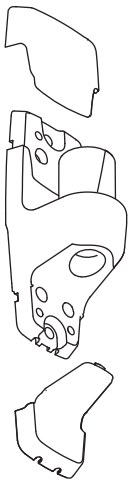
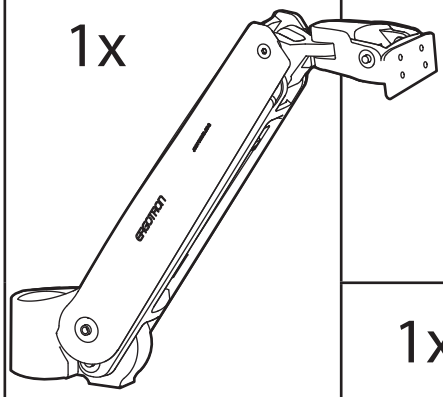
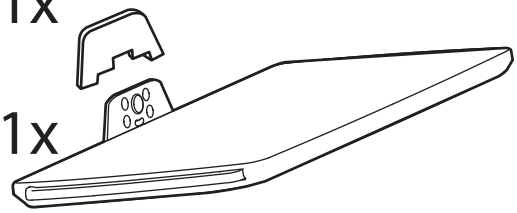
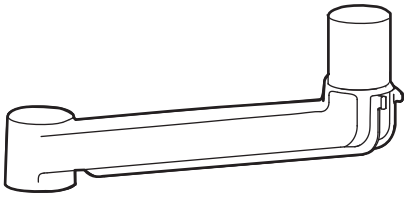
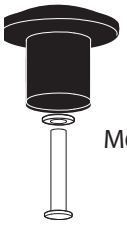
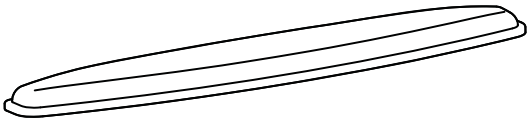
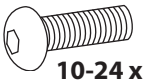
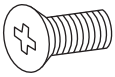
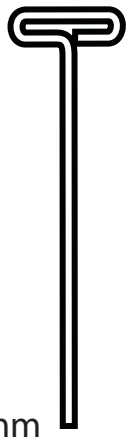
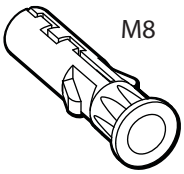
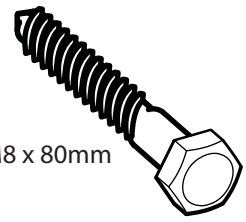
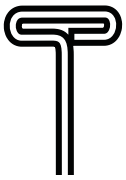
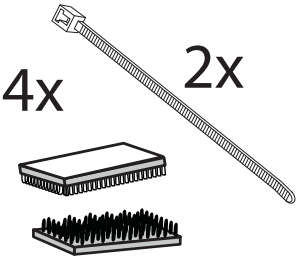
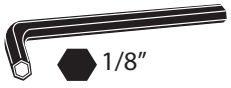
	A	B	C	D
1			 Stud Finder	
2	**Concrete Wall Mounting** Ø 3/8" (10mm) **Wood Stud Mounting** Ø 3/16" (5mm)			 13 mm

	A	B	C	D
1	1x  1x 1x 	1x 	1x  1x	
2			1x 	
3	2x 	2x  M6 2x 2x M6 x 45mm	1x 	
4	4x  **10-24 x 1/2"**	4x  M4 x 8mm	1x  5mm	1x
5	2x  M8	2x  M8 x 80mm		1x  4mm
6	2x M4 x 14mm	2x Sterile Alcohol Prep	4x  2x	1x  1/8″

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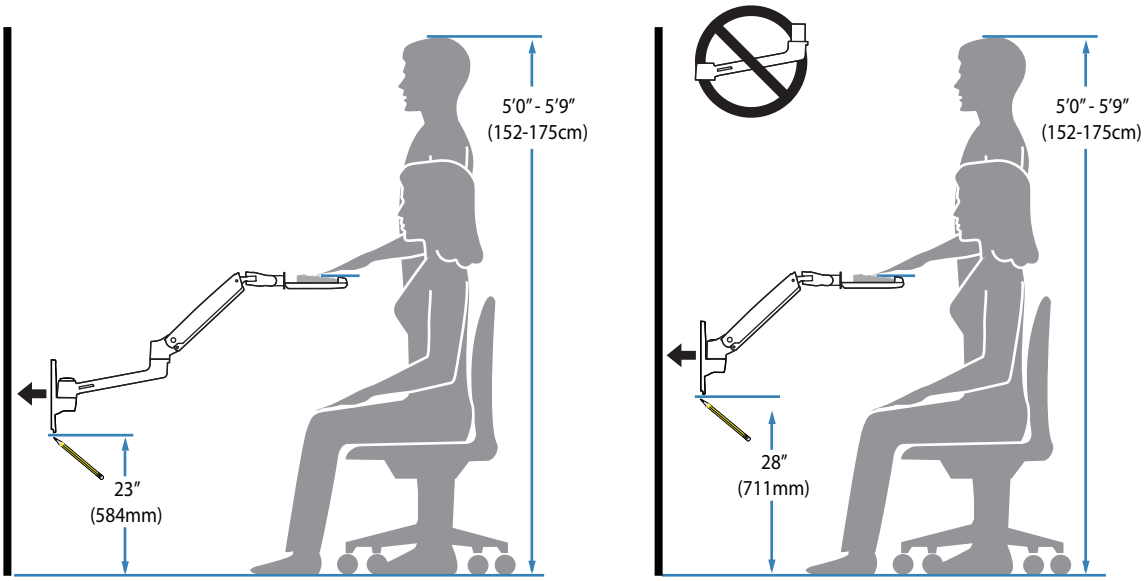
1 Mounting Height for Ergonomic Workstation

This mounting height is a recommendation for an ergonomic workstation that accommodates user heights of 5’0”-5’9” (152-175cm).

If user heights are different than this, you should change mounting height to accommodate user heights. (Change mounting height one inch for every one inch difference in user heights).



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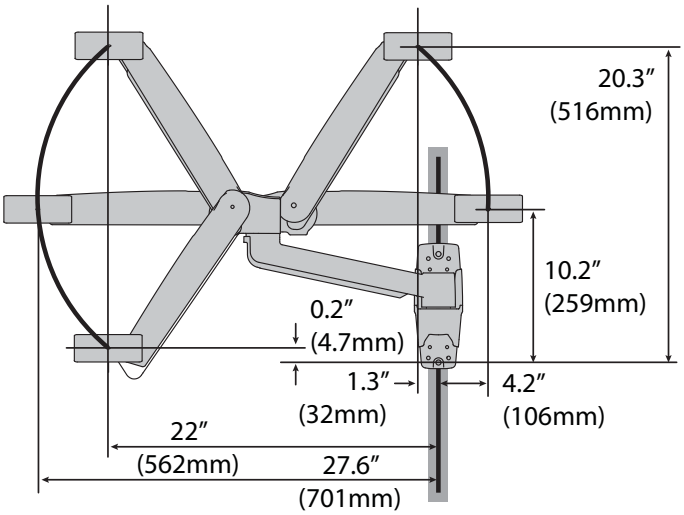
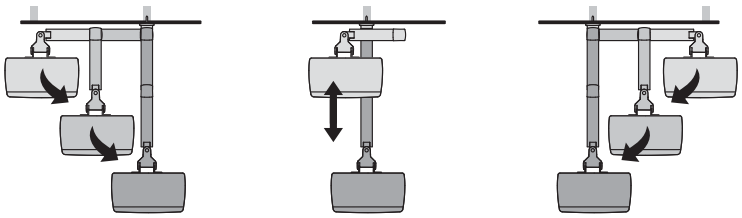
Determine mounting location:

Front view with arm pushed back against the wall.



Top view showing range of motion when pulled out from the wall.



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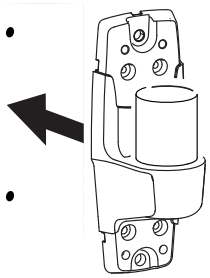

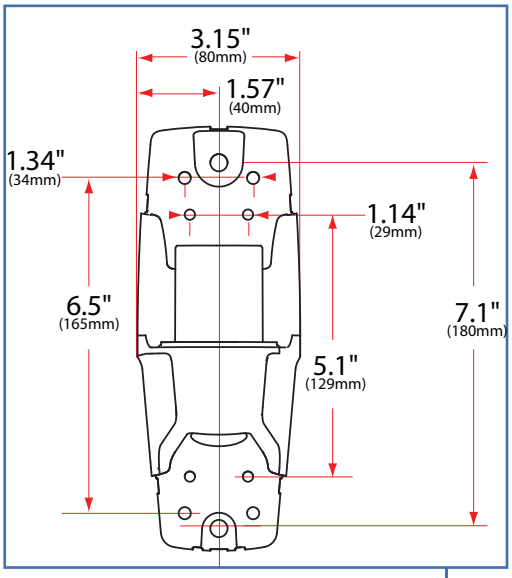

WARNING: Ensure that the wall structure is capable of supporting four times the total weight of mounted equipment. Mounting to wall surfaces that do not meet this criteria may result in an unstable, unsafe condition which could lead to personal injury and/or property damage. Consult a construction professional if you have any doubt about what this means in regard to your particular application.

CAUTION: Make sure the wall mount bracket is level, flush and snug to the wall surface. DO NOT OVERTIGHTEN THE BOLTS.

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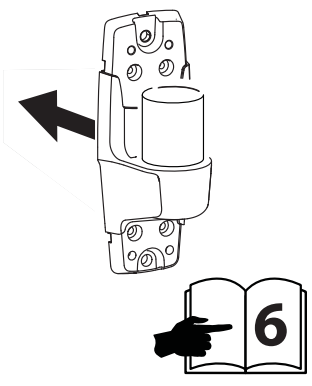
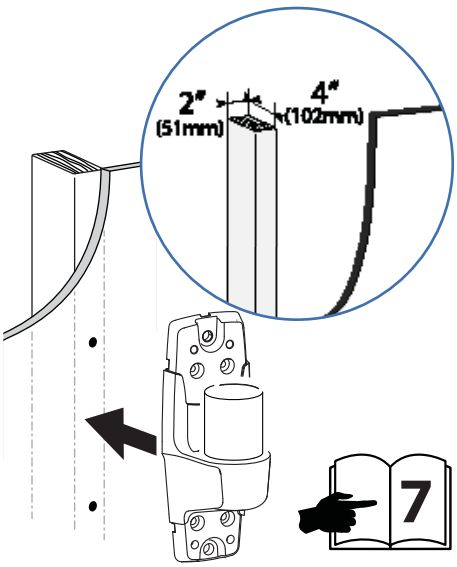
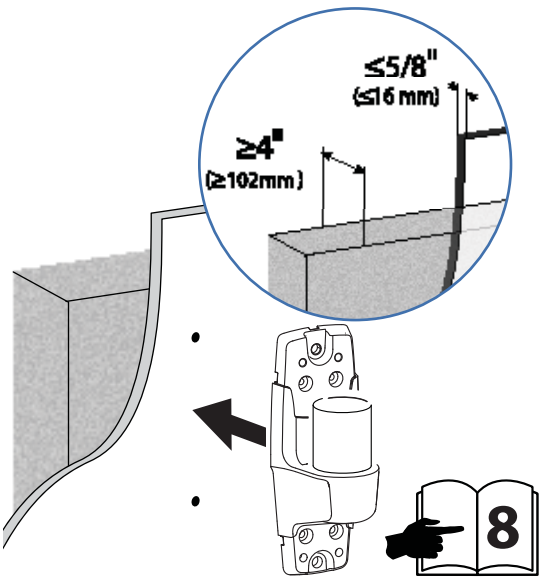
Ergotron product



Wood



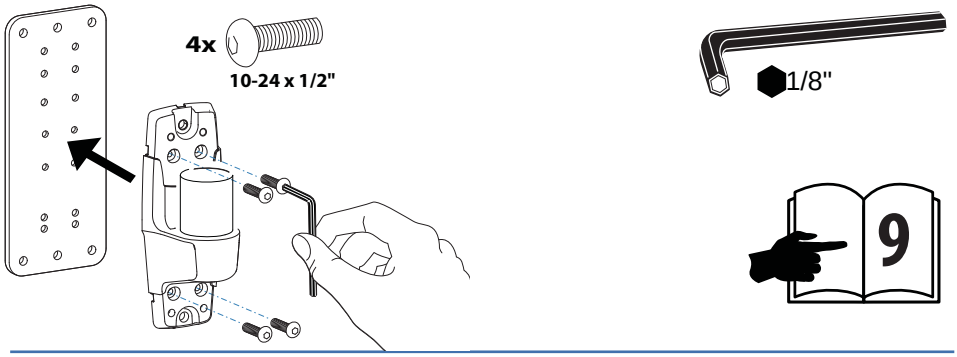
Concrete

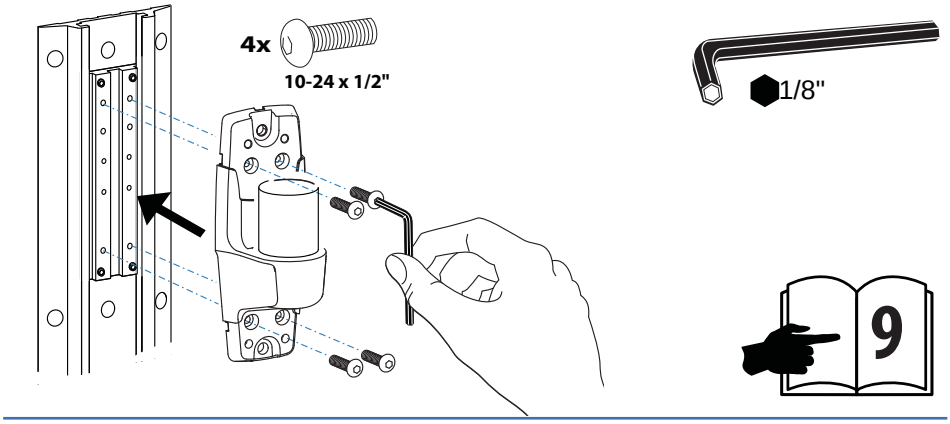


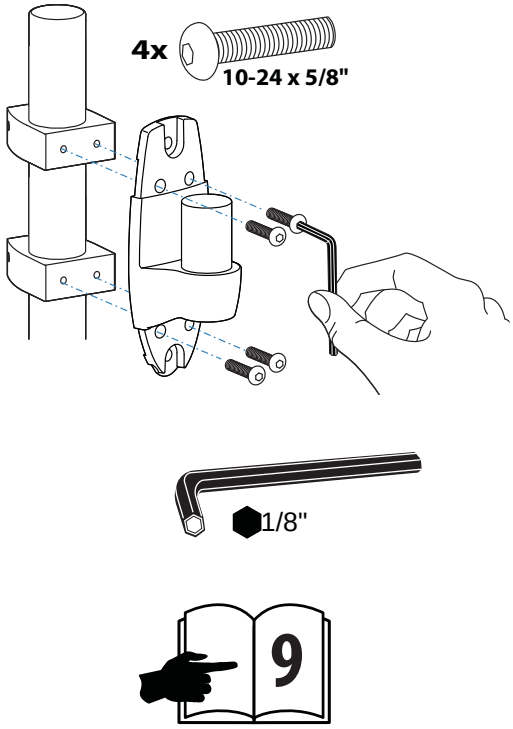
Ergotron product

NOTE: Wall Track and Brackets sold separately.

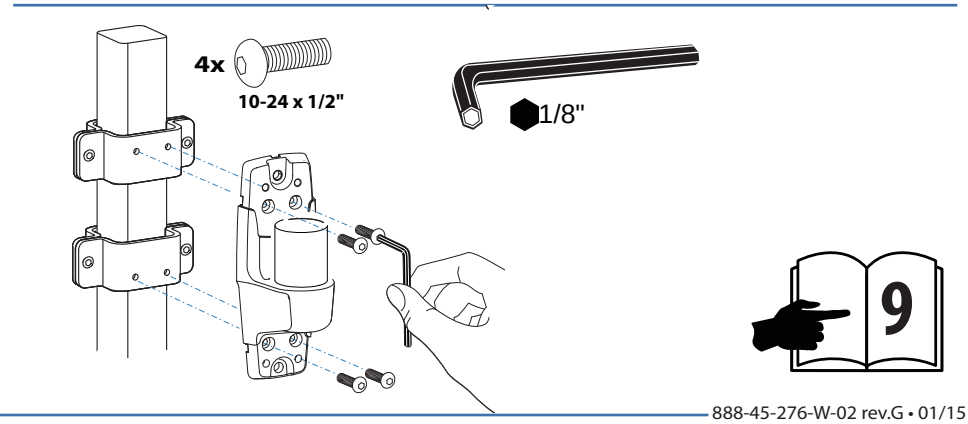
NOTE: Fasteners may unwind due to vibration caused by movement of mounting solution over time. Inspect mounting solution for loose fasteners on a routine basis. If desired, apply a light duty thread locking adhesive to fasteners before installation to prevent back-out.







When attaching to Pole Clamps, use 10-24 x 5/8" screws included with pole brackets, Do NOT use 10-24 x 1/2" screws



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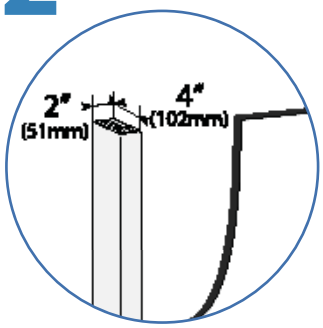
Wood Stud Mounting

2



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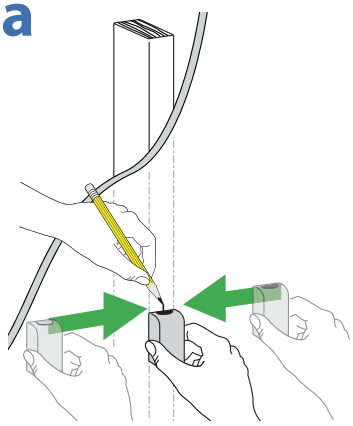
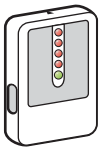
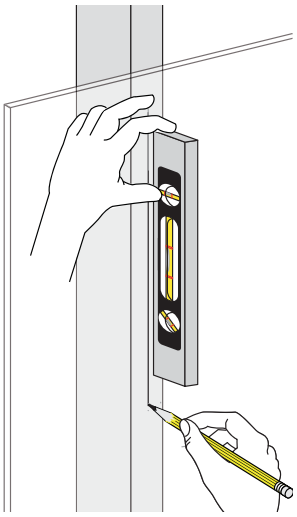




Stud Finder

b



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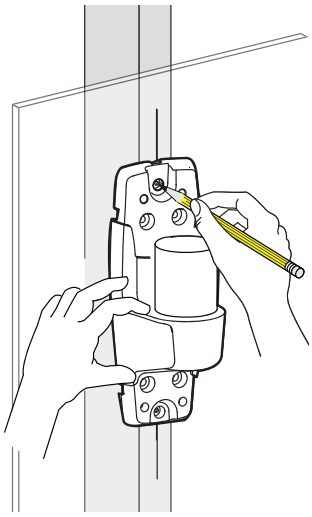

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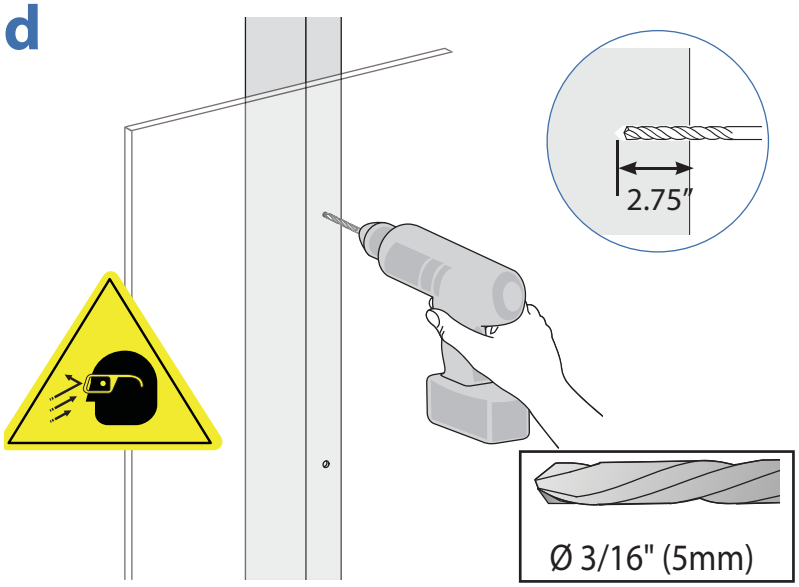
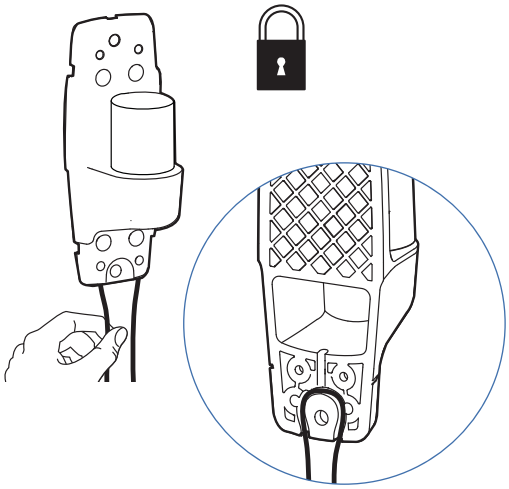
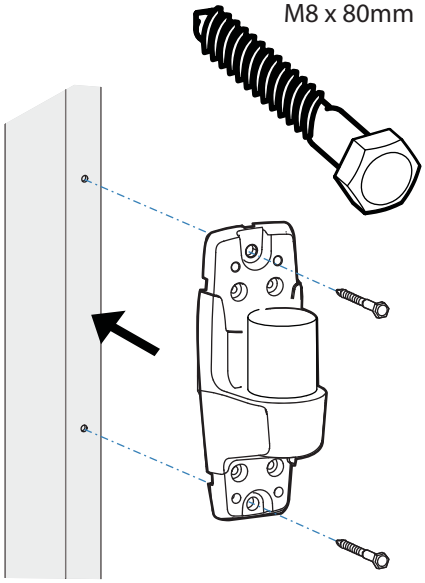


Optional locking feature
(customer supplied lock)



3 b 2x M8 x 80mm



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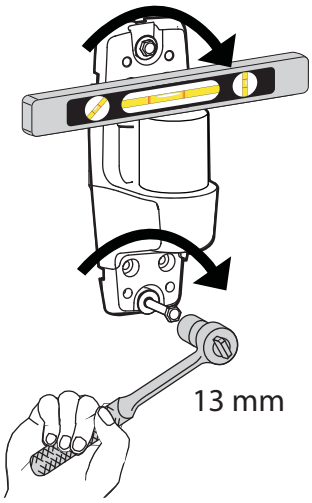

CAUTION: Make sure the wall mount bracket is level, flush and snug to the wall surface.

DO NOT OVERTIGHTEN THE BOLTS.

4 9

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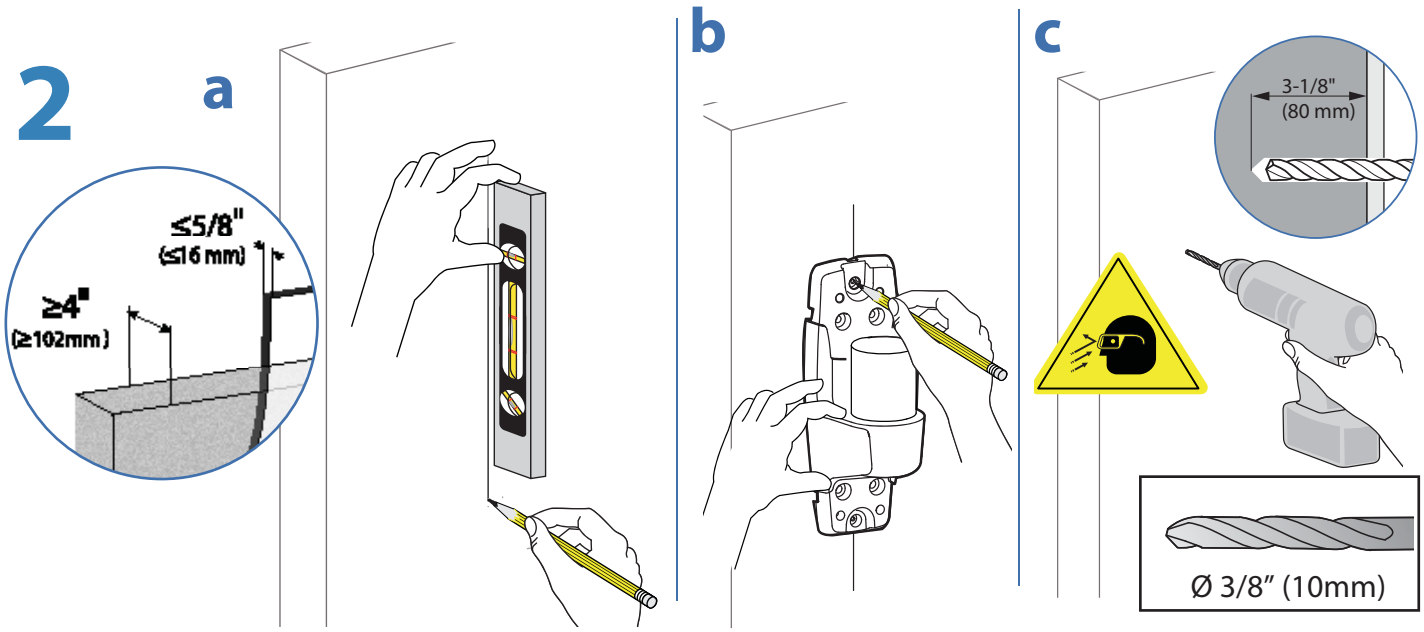
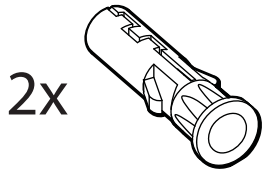


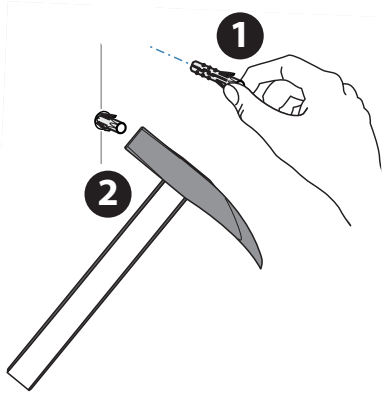
WARNING:
Mounting holes must be at least 3-1/8" (80mm) deep and must be located within solid concrete, not mortar or covering material. If you drill into an area of concrete that is not solid, reposition mounting holes until both anchors can be fully inserted into solid concrete!

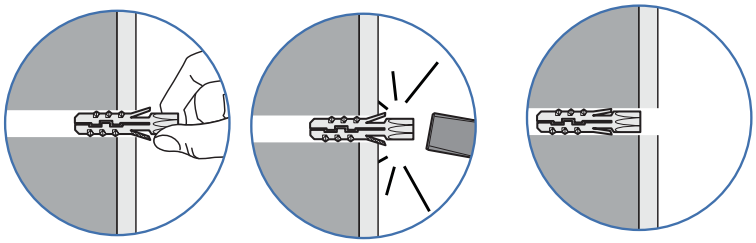
WARNING:
Anchors that are not fully set in solid concrete will not support the applied load resulting in an unstable, unsafe condition which could lead to personal injury and/or property damage. Consult a construction professional if you have any doubt about what this means in regard to your particular situation.

3 a

2x

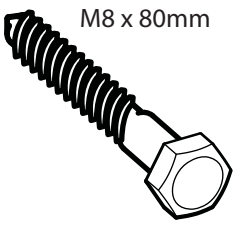




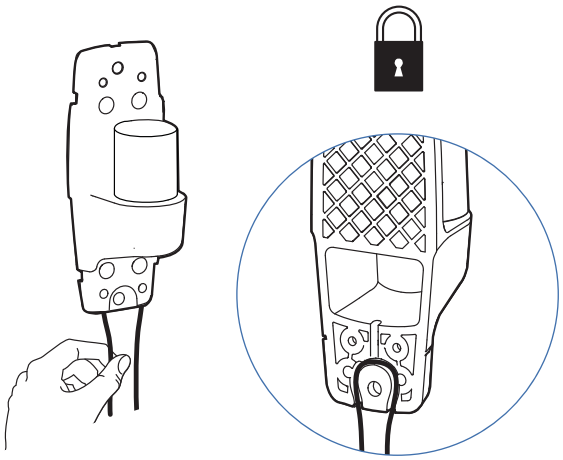


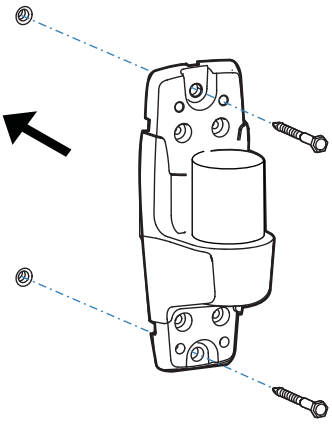
b

2x M8 x 80mm



Optional locking feature
(customer supplied lock)





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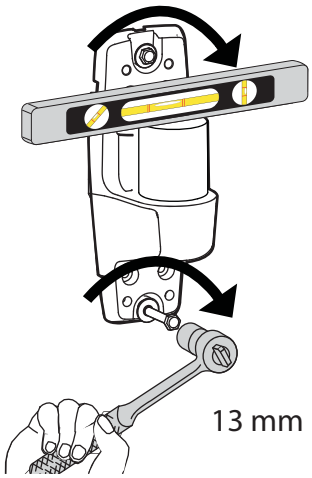

⚠

CAUTION: Make sure the wall mount bracket is level, flush and snug to the wall surface.

DO NOT OVERTIGHTEN THE BOLTS.

4 9

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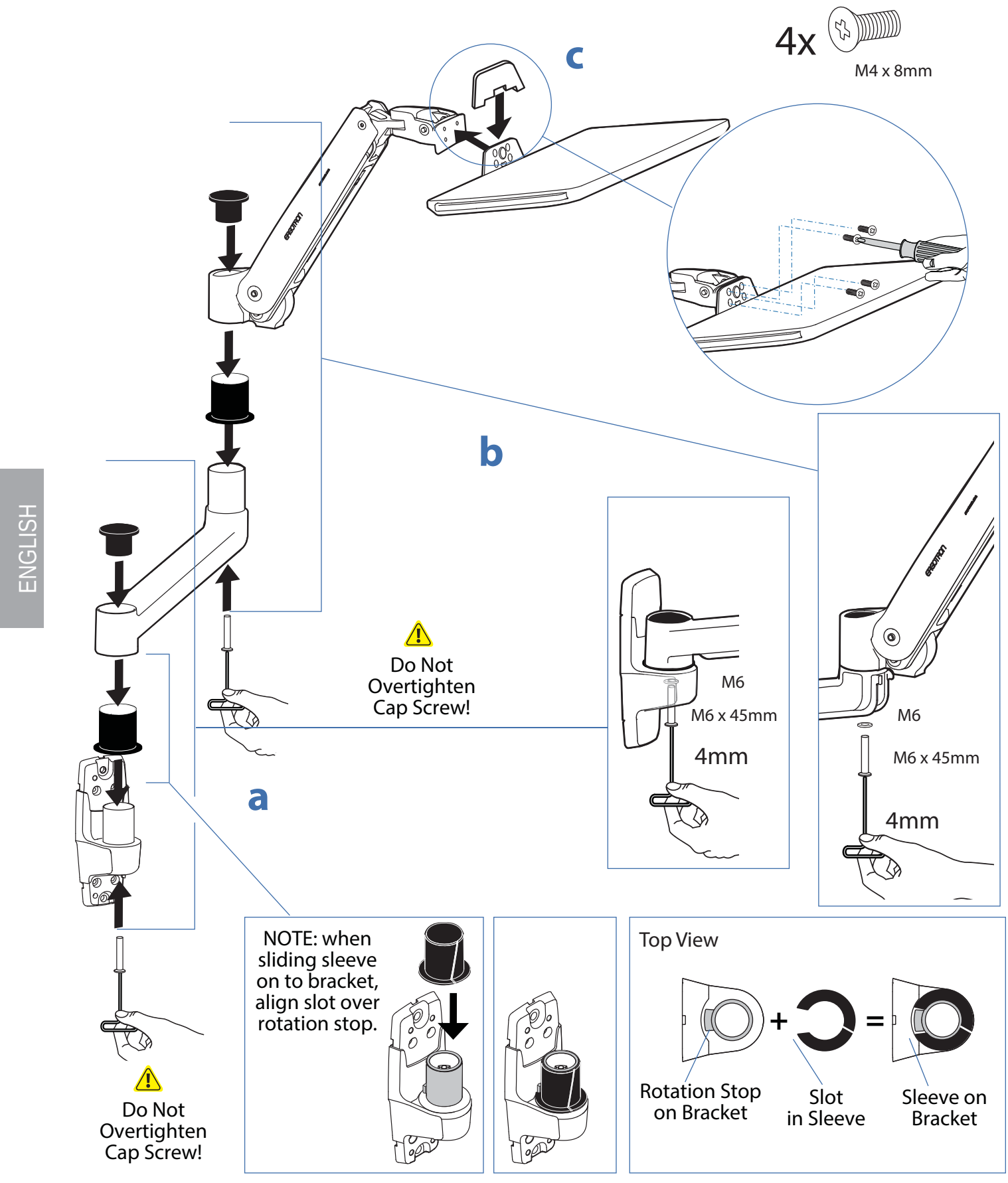
4 Mount extension and arm to wall bracket.



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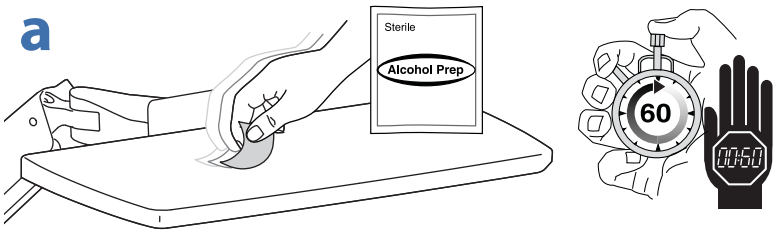
5

a



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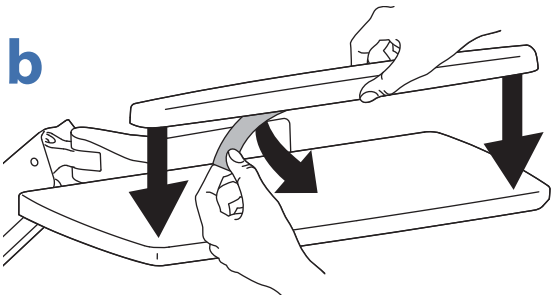

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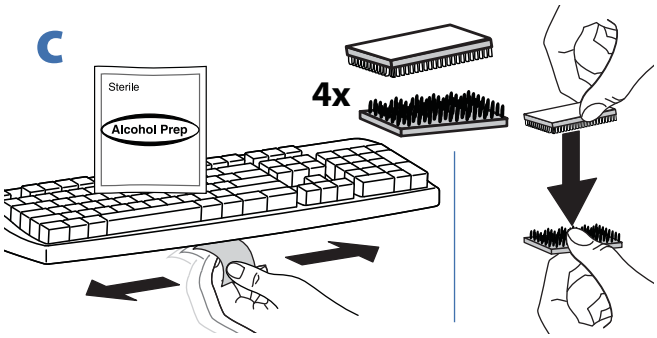

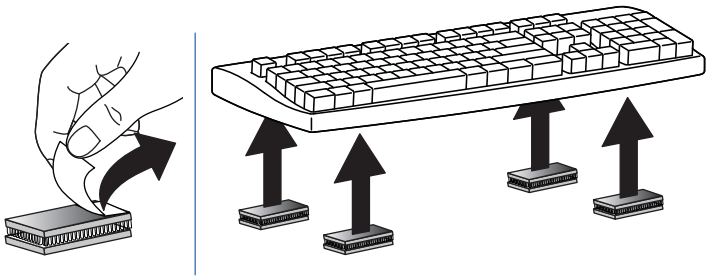

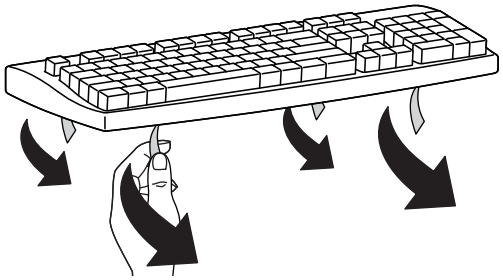

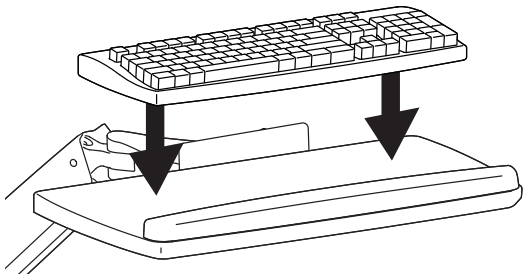

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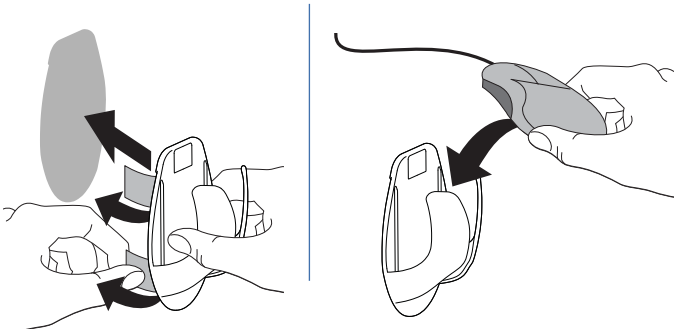

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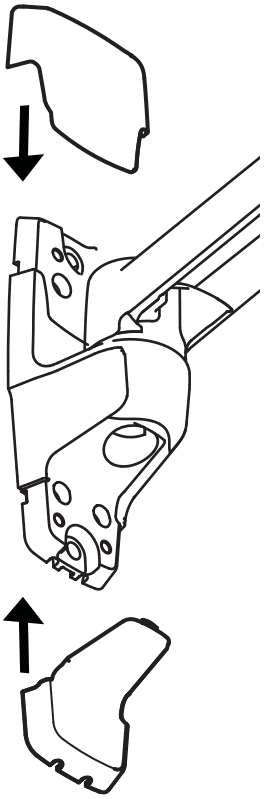
6 Attach top and bottom bracket covers



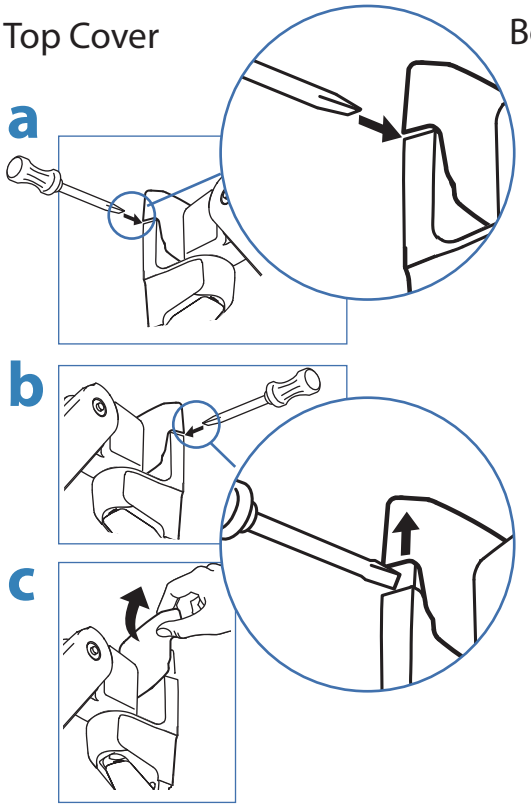
To remove covers:

a) Wedge the blade of a flat screwdriver into the gap between the wall mount bracket and the cover. Rotate the blade upward to pry the cover away.

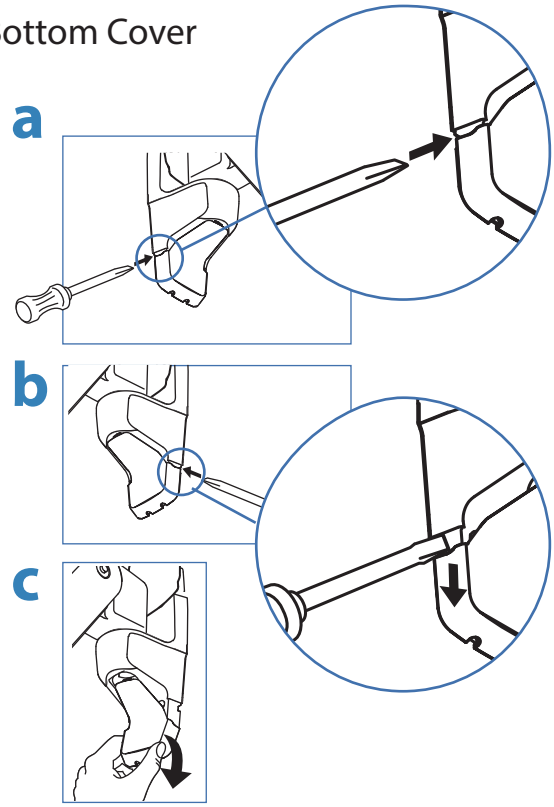
b) Repeat on the opposite side of the wall mount bracket.

c) Once the cover is free on both sides, lift it off.

Top Cover

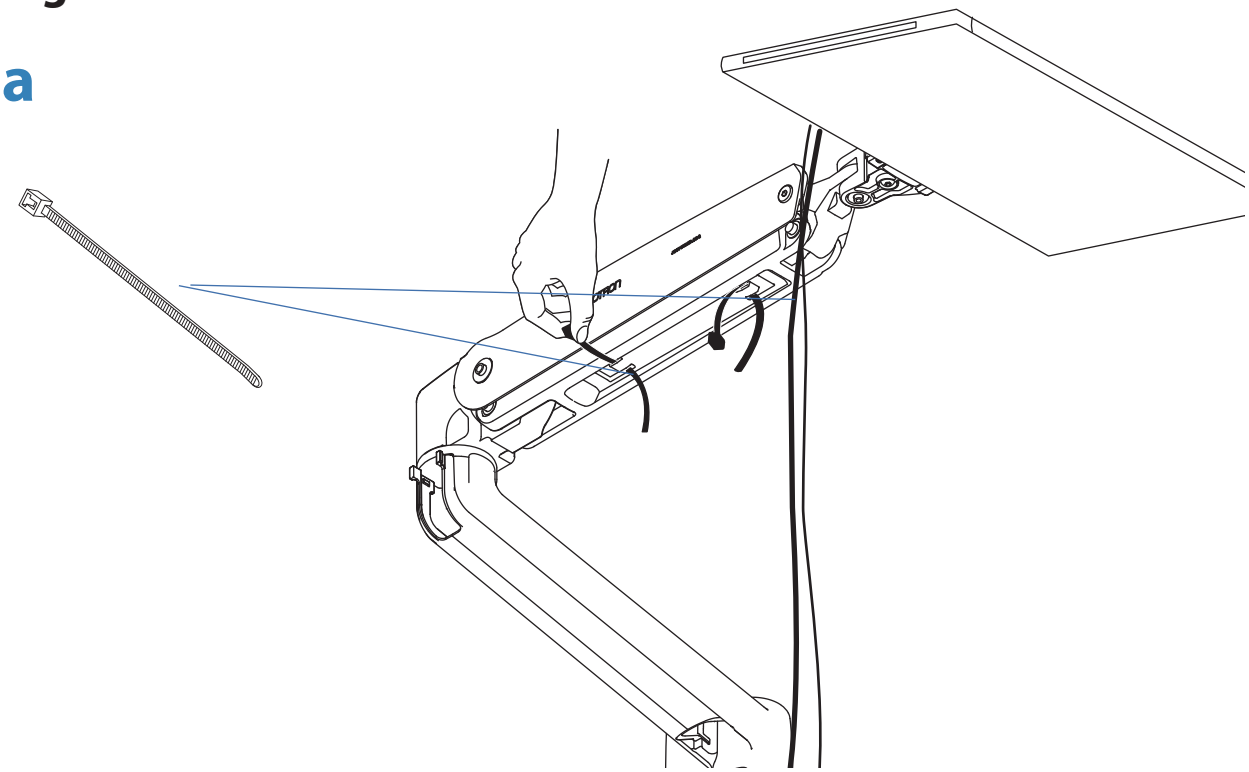


Bottom Cover



7 Organize and route cables

a



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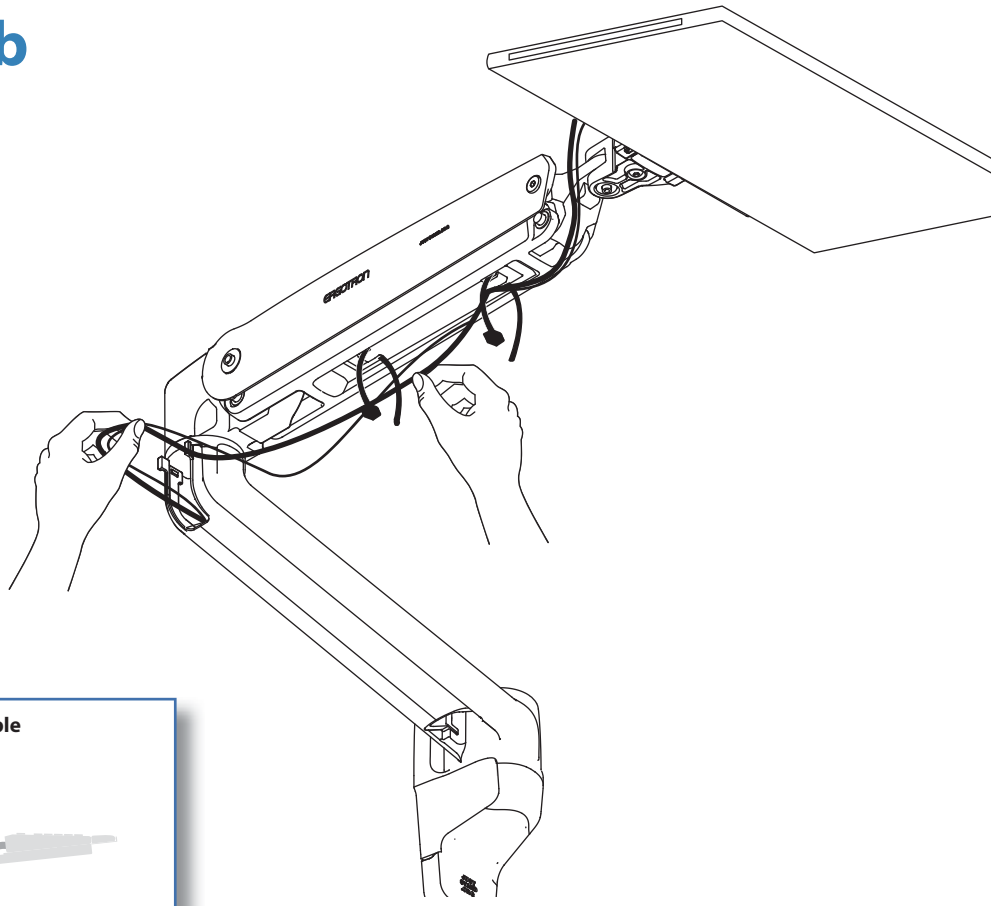

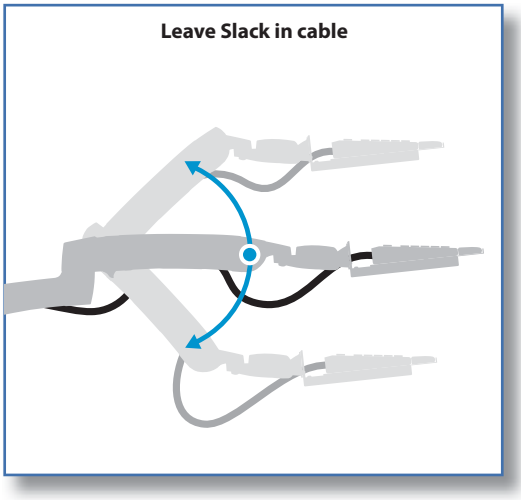

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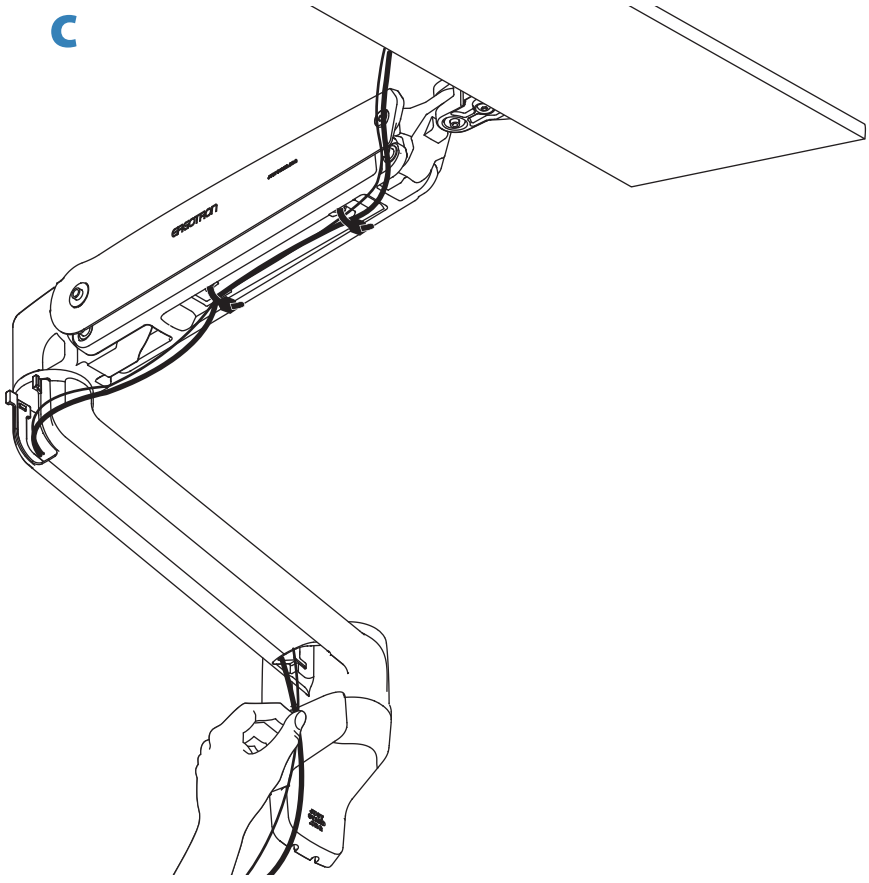
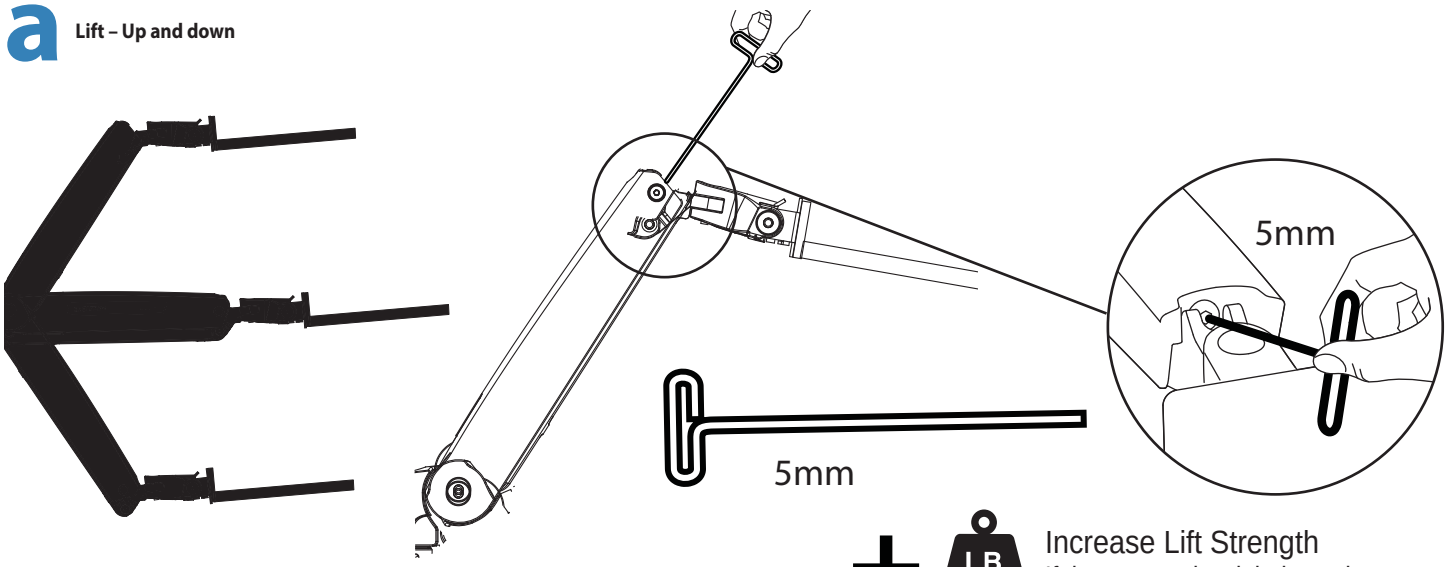
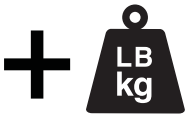


8 Adjustment Step

Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too easy or difficult or if product does not stay in desired positions, follow the adjustment instructions to create smooth and easy movements. Depending on your product and the adjustment, it may take many turns to notice a difference. Any time equipment is added or removed from this product, resulting in a change in the weight of the mounted load, you should repeat these adjustment steps to ensure safe and optimum operation.

a **Lift – Up and down**





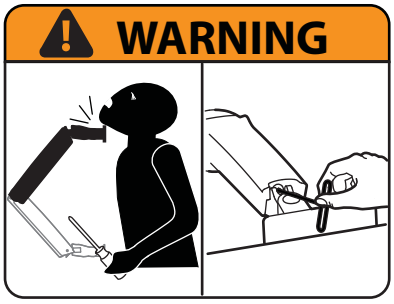
Increase Lift Strength

If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:

Decrease Lift Strength

If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:

CAUTION: DO NOT overtighten fasteners. Overtightening may cause damage to your equipment.



WARNING! Stored Energy Hazard: The arm mechanism is under tension and will move up rapidly, on its own, as soon as attached equipment is removed. For this reason, DO NOT remove equipment unless the arm has been moved to the highest position! Failure to follow this instruction may result in serious personal injury and/or equipment damage!

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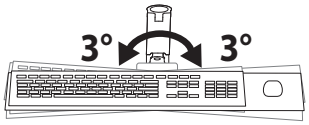
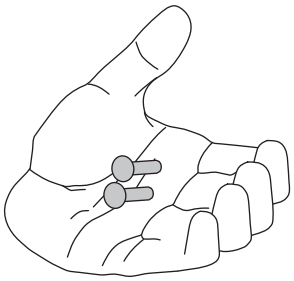
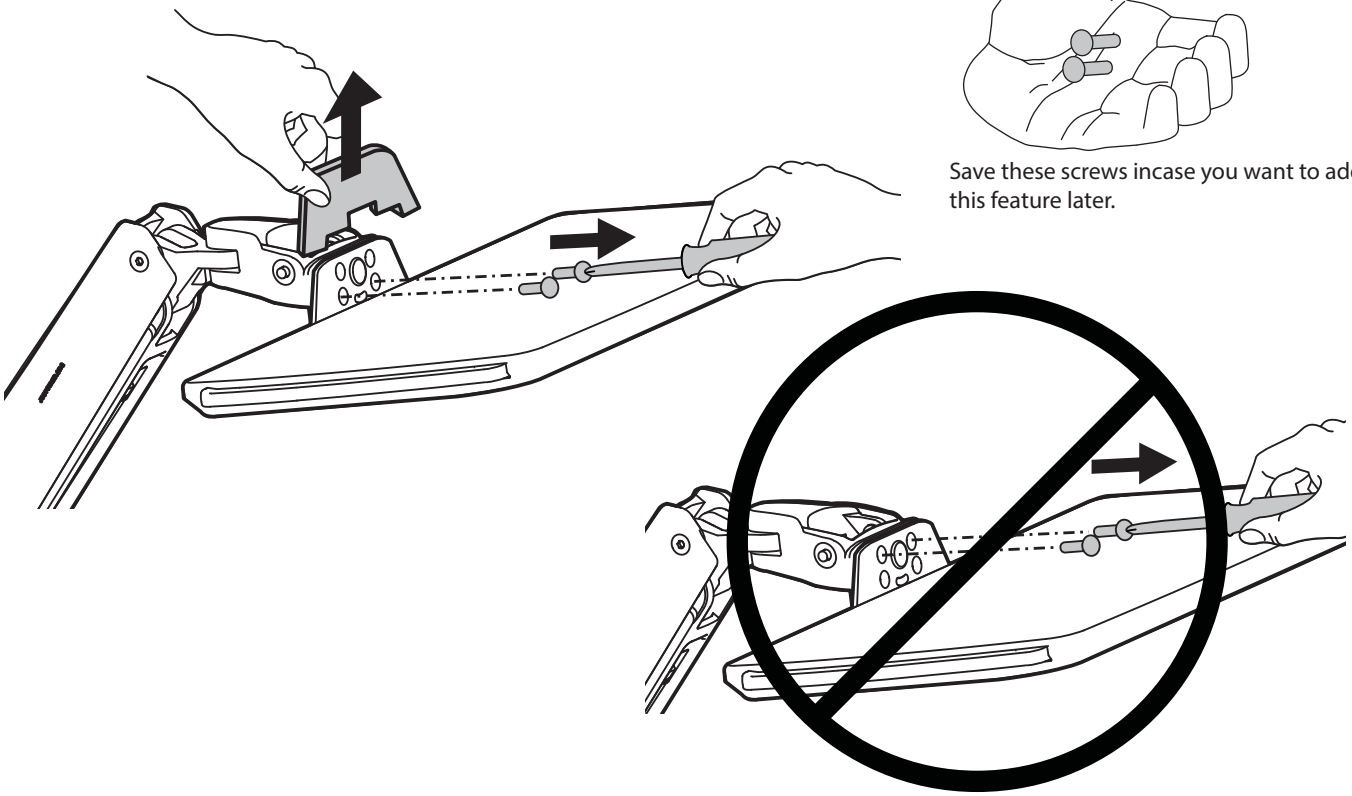
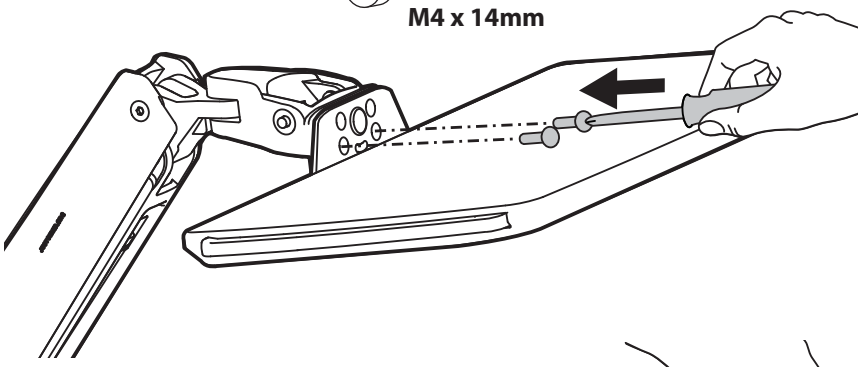
How to remove this tilting feature:

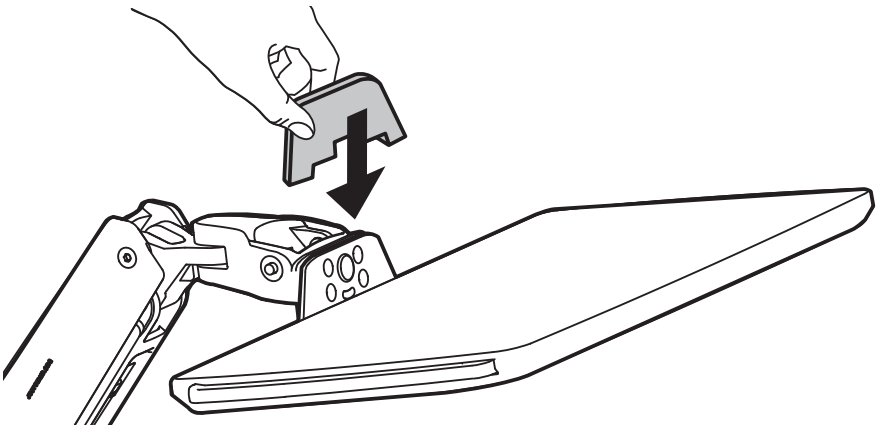




Save these screws incase you want to add this feature later.







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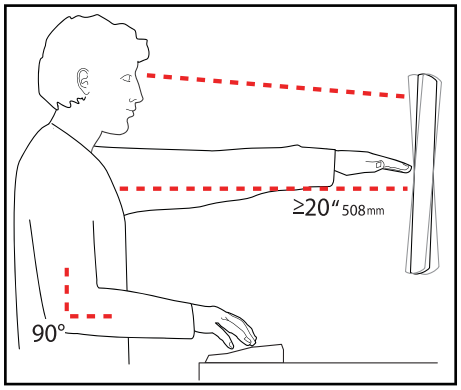
Set Your Workstation to Work For YOU!



Learn more about ergonomic computer use at:
www.computingcomfort.org

Height Position top of screen slightly below eye level.
Position keyboard at about elbow height with wrists flat.
Distance Position screen an arm's length from face—at least 20" (508mm).
Position keyboard close enough to create a 90˚ angle in elbow.
Angle Tilt screen to eliminate glare.
Tilt the keyboard back 10° so that your wrists remain flat.

To Reduce Fatigue
Breathe - Breathe deeply through your nose.
Blink - Blink often to avoid dry eyes.
Break • 2 to 3 minutes every 20 minutes
• 15 to 20 minutes every 2 hours.

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For local customer care phone numbers visit: http://contact.ergotron.com

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